



German Potato Salad

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



628 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.5 lb bacon cut in 1/4 inch strips
- ☐ 2 tablespoons chives for garnish
- ☐ 1 tablespoon dijon mustard
- ☐ 8 ounces chavrie goat cheese
- ☐ 0.8 cup onion minced
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar

☐ 2 lbs yukon gold potatoes

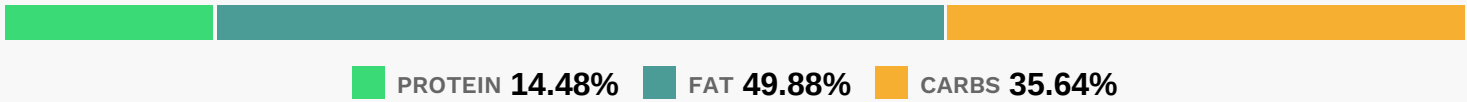
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot

Directions

- ☐ Place the potatoes in a medium-size pot and cover them with enough water to extend 2 inches above the surface of the potatoes. Salt the water and bring to boil over medium-high heat. Continue cooking until potatoes are tender when pierced with a fork, about 15 to 20 minutes.
- ☐ Drain and dice into 1/2-inch pieces.2 Set aside in a warm place.3 Cook the bacon in a large skillet over medium-high heat. Once crisp, place on a paper towel-lined plate 4
- ☐ Pour off the rendered fat, reserving 1/4 cup in the pan. 5 Turn the heat to medium and add the onion. Cook until translucent about 4 to 5 minutes. 6
- ☐ Whisk in the vinegar, sugar, mustard, and salt and stir until thick and bubbly.
- ☐ Add the diced, cooked potatoes and toss to coat.7 Top with crumbled Chavrie® Goat Log, bacon and garnish with the chives.8
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:74.46, Glycemic Load:38.45, Inflammation Score:-7, Nutrition Score:20.815217360206%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.75mg,

Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg

Nutrients (% of daily need)

Calories: 627.8kcal (31.39%), Fat: 34.87g (53.64%), Saturated Fat: 15.89g (99.29%), Carbohydrates: 56.05g (18.68%), Net Carbohydrates: 50.35g (18.31%), Sugar: 16.18g (17.98%), Cholesterol: 63.5mg (21.17%), Sodium: 1222.59mg (53.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.78g (45.55%), Vitamin C: 47.79mg (57.92%), Vitamin B6: 1mg (50.11%), Phosphorus: 371.28mg (37.13%), Copper: 0.7mg (35.18%), Potassium: 1150.59mg (32.87%), Vitamin B1: 0.4mg (26.64%), Manganese: 0.52mg (26.07%), Vitamin B3: 4.98mg (24.9%), Fiber: 5.7g (22.79%), Selenium: 15.2µg (21.71%), Vitamin B2: 0.35mg (20.51%), Magnesium: 74.48mg (18.62%), Iron: 3.28mg (18.2%), Vitamin B5: 1.42mg (14.25%), Vitamin A: 679.77IU (13.6%), Zinc: 1.94mg (12.95%), Folate: 50.63µg (12.66%), Calcium: 121.95mg (12.2%), Vitamin K: 8.7µg (8.29%), Vitamin B12: 0.39µg (6.52%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.39mg (2.61%)